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MORE ABOUT READING LABELS.

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Do you know what the term "Extra Sifted" means on a can of peas? Do you know the difference between "Early Peas" and "Sweet Peas?"

Early Peas or Early June Peas are peas of early-maturing varieties having a smooth skin. Sweet Peas or Sugar Peas are later-maturing varieties, having a wrinkled skin and a sweet taste. When put up in cans, Early Peas are separated into various sizes by the sieve method of sizing. The smallest size, or Number 1 peas, are called "Small Peas," or Petit Pois. The next, or Number 2 size, are called "Early June Extra Sifted." The next size, or Number 3, are called "Early June Sifted;" and the large peas, that is Number 4 or larger, are called only "Early June."

The practice of canning peas without grading as to size is growing. These unsifted peas are called the Run of the Pod.

Remember, Early June -- Smooth Variety -- Sizes called: No. 1, Petit Pois; No. 2, Extra-Sifted; No. 3, Sifted; No. 4, or larger, name used only. Sweet or Sugar peas are wrinkled and have sweet taste.

Insist upon getting what you want to buy, and double check by reading labels.
